



Spicy Mexican Inspired Chicken Breast

with Charred Corn and Potato Hash

24

Calorie Smart 40 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories



Potatoes



Mexican Style
Spice Mix



Chicken Breast



Sweetcorn



Bell Pepper



Red Onion



Garlic Clove



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, sieve, frying pan and garlic press.

Ingredient

	2P	3P	4P
Potatoes**	450g	700g	900g
Mexican Style Spice Mix	1 pot	1 pot	2 pots
Chicken Breast**	2	3	4
Sweetcorn	150g	150g	326g
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Creme Fraiche** 7)	75g	150g	150g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	639g	100g
Energy (kJ/kcal)	2458 /587	385 /92
Fat (g)	17	3
Sat. Fat (g)	9	1
Carbohydrate (g)	63	10
Sugars (g)	14	2
Protein (g)	48	8
Salt (g)	0.97	0.15

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Fry the Veg

Once the **sweetcorn** is charred, transfer to another large bowl and wipe out your pan. Pop the (now empty) pan on medium-high heat with a drizzle of **oil**. When hot, add the **onion** and **pepper** then season with **salt** and **pepper**. Stir-fry until softened, 4-5 mins. Stir in the **garlic** and remaining **Mexican style spice mix** and stir-fry for 1 min more. Once cooked, transfer the **veg** to the **sweetcorn** bowl.



Prep the Chicken

While the **potatoes** roast, put **half** the **Mexican style spice mix** into a large bowl with a drizzle of **oil**. Season with **salt** and **pepper** then mix together. Lay the **chicken breast** onto your chopping board, place your hand flat on top and slice into it from the side until there is 2cm left (be careful not to slice all the way through). Open it up like a book. Repeat with the other **breasts**. Add the **chicken** to the bowl of **spices** and turn to coat evenly all over. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



Cook the Chicken

Pop the (now empty) pan back on medium heat with a drizzle of **oil**. Once hot, lay the **butterflied chicken** into the pan and season with **salt** and **pepper**. Cook until browned and cooked through, 5-6 mins each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Once cooked, transfer to a plate to rest for a couple of mins.



Char the Corn

Drain the **sweetcorn** in a sieve. Heat a large frying pan on medium-high heat (no oil). Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. While the **corn** cooks, halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).



Finish and Serve

When the **potatoes** are cooked, put the (now empty) frying pan back on medium-high heat (no oil). Add the **veg** and **potatoes** to the pan and stir-fry until piping hot, 2-3 mins. Share the **hash** between your plates, then slice the **chicken** widthways and lay on top. Finish with a dollop of **creme fraiche**.

Enjoy!